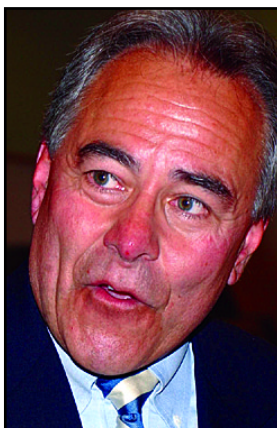




Richard Alexander/U.S. Navy photo

NOW HEAR THIS! — Sgt. Josh Roberts of the Broadened Opportunity for Officer Selection and Training (BOOST) program, gives Josiah Valencia, 6, some 'motivation' in the 'Kids Boot Camp' at Fort Adams last Saturday. Josiah's father works at Naval Health Care New England. Story, more pictures, Pages 8-9.



Vietnam vet speaks here

A decorated Vietnam War veteran speaks at Naval Station Newport's Armed Forces Day observance.

— Page 2



Remembering the sacrifices

Newport County veterans announce a series of Memorial Day observances from Newport to Portsmouth.

— Page 2



'Kids Run' draws crowd

The first Armed Forces Day Kids Run draws about two dozen youngsters for competition.

— Page 11



Attention to detail

ABOVE: Capt. Ruth A. Cooper, Commanding Officer, Naval Station Newport, inspects the uniform of Boatswain's Mate First Class Richard Kennedy behind Building 690 on May 9.

RIGHT: Capt. Andre Santos, Commanding Officer, Naval Dental Center Northeast, inspects his staff outside the Branch Dental Clinic Newport on May 16. Change to summer uniform was May 4.

Ron Fontaine/U.S. Navy photos



'Nam veteran says teamwork essential in modern warfare

By J. CHRISTMAS
NAVSTA Public Affairs Staff

Naval Station (NAVSTA) Newport observed Armed Forces Day with the state's most decorated Vietnam veteran.

Bruce Cotta, a Middletown resident and reactivated nominee for the Medal of Honor, addressed about 100 people at Building 1112 on May 14.

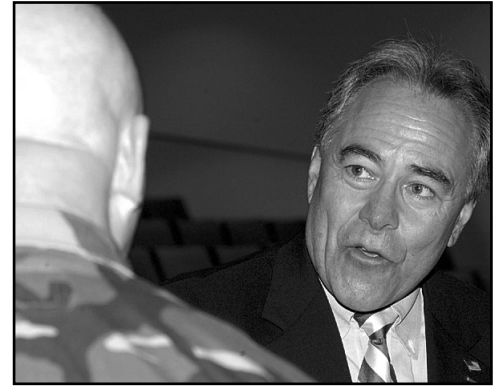
Cotta, who served as an Army medic in Vietnam from 1968-69, said the significance of Armed Forces Day has

been restored as a result of the wars in the Middle East.

"In past years, for most Americans Armed Forces Day has been a notation on their annual calendar," he said. "But this year Armed Forces Day takes on a new meaning for all who are serving or have served."

Started in 1949, Armed Forces Day was proposed to unify separate Army and Navy and Air Force Day to a single celebration.

Cotta said having the best arsenal in the world does not guarantee victory. The communication between forces working toward a common goal is key. That was not the case with Vietnam.



Ron Fontaine/U.S. Navy photo

BRUCE COTTA, a Middletown resident, Vietnam veteran and reactivated nominee for the Medal of Honor, speaks to a petty officer after his Armed Forces Day address last week at Building 1112.

"The Vietnam War was never a conventional war crafted and led by the military," he said. "Instead, it was designed and led by politicians. The goal was never clear cut and all the services never seemed to work

COTTA, Page 12

Correction

The U.S. Marine Corps marching unit, photographed in *The Newport Navallog* on May 9 in the Aquidneck Island National Police Parade, were from the Broadened Opportunity for Officer Selection and Training (BOOST) program at Naval Station Newport. They were misidentified as the U.S. Marine Corps Silent Drill Team from Washington, D.C.

Veterans pause on Memorial Day

By ENS. JENNIFER BERG
NAVSTA Public Affairs Staff

The United Veterans Council of Newport County has planned a series of events to observe Memorial Day, on Monday, May 26.

The Col. William E. "Rich" Higgins Detachment, Newport County of the Marine Corps League, will start off the day with ceremonies at 10 a.m. at the U.S. Marine Monument in Perrotti Park on America's Cup Avenue. The monument remembers Marines killed in Grenada and Beirut.

At 11 a.m., Newport VFW Post will lead ceremonies in Storer Park at the foot of the Goat Island Causeway. VFW representatives will carry post and American flags to the

water's edge where a Memorial Day reading will be given.

Veterans and family members of deceased veterans will then toss flowers into the water in honor of those who made the ultimate sacrifice.

The main program will be held at Newport City Hall at noon. As in past years, the Newport Artillery Company, veterans organizations of Newport County, the Rogers High School Army JROTC, clergy, city and legislative officials, will attend and/or participate.

Guest speaker will be Capt. John C. Meyer, Deputy/Chief of Staff, Naval War College, who discuss Memorial Day and its importance to us individually, as a community, and as a nation.

President Fred Mathews,

United Veterans Council of Newport County; Commander Leo Ayotte, Newport VFW Post; and Commander Charles Wilson Jr., Newport American Legion, urge all citizens to display the American flag.

The Miantonomi Memorial Park Commission will open its stone tower for public visitation from 1 to 3 p.m.

The tower offers a commanding view of Aquidneck Island and Narragansett Bay. The park honors Newport native sons who died in World War I.

The Portsmouth American Legion Post 18 will hold ceremonies at the VFW Hall at 11 a.m.; and Little Compton veterans will hold a parade at The Commons.

Navalog

Capt. Ruth A. Cooper

Commanding Officer, Naval Station Newport

David Sanders

NAVSTA Public Affairs Officer

Bob Krekorian

NAVSTA Public Affairs Staff

Greg Kohlweiss

NAVSTA Public Affairs Staff

Ron Fontaine

NAVSTA Public Affairs Staff

Joy Christmas

NAVSTA Public Affairs Staff

Richard Alexander

NAVALOG Editor

The Newport Navallog is published weekly by Edward A. Sherman Publishing Co., a private firm in no way connected with the U.S. Navy, under exclusive written contract with the Naval Station Newport.

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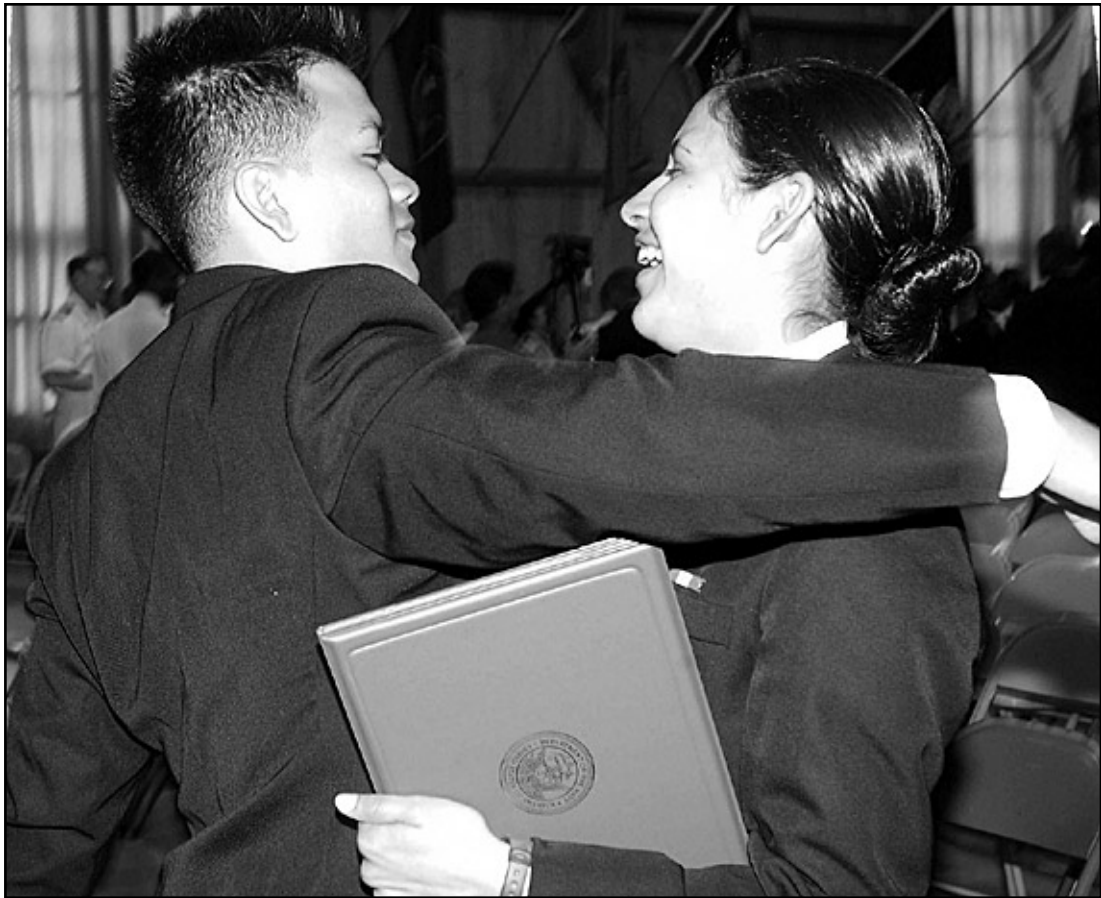
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The Newport Navallog is printed on recycled paper.

Another milestone

Cadet Candidate David Barriga and Midshipman Candidate Tamara Alvarado congratulate each other after graduating with 262 classmates at the Naval Academy Prep School last Friday in Capt. Howard Kay Hall. Barriga received an appointment to the Merchant Marine Academy at Kings Point, N.Y., while Alvarado received her appointment to the U.S. Naval Academy at Annapolis.

Ron Fontaine/U.S. Navy photo



A number of things...

60,000

The number of men and women who have graduated from the U.S. Naval Academy over the past 150 years. **Story, Page 16.**

95

The number of years the Navy Nurse Corps has served the fleet and shore activities as its anniversary was observed May 13. There are 5,000 active duty and Naval Reserve nurses in the force.

577,000

The number of random drug tests administered Navy-wide in the first half of the last fiscal year, ending March 31. The number of positive test results has declined to 2,722.

Newport Naval Cable TV

Marines suspend stop-loss policies

Navy and Marine Corps News airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's show:

— The Marine Corps ends its stop-loss stop-move policy for the Marines following Operation Iraqi Freedom.

— Aircraft carrier USS Abraham Lincoln strike group returns home to Everett, Wash., after a 290 day deployment.

— San Diego high school students in advanced auto shop fix the vehicles of military families through a non-profit organization called Operation Home Front.

Health and Wellness Videos

The Naval Ambulatory Care Center and the Health Promotion Action Council want to help service members achieve and maintain their optimal health and wellness, while learning more about disease prevention.

Health education and well-

ness programs are now offered on Newport Naval Cable Television channel 13, daily, following Navy and Marine Corps News.

Fleet and Family Support

Parents and teenagers may be interested in the Fleet and Family Support Center video series. These programs deal with a variety of topics, which are of interest to children of all ages, and families.

The programs air daily on channel 11 at 10 a.m., 1:30 and 7 p.m. The weekly schedule is displayed below:

DAY	TITLE
Friday through Sunday	Encouraging Your Teen to 'Open Up'
Monday	Encouraging Your Teen to 'Open Up'
Tuesday	Improving Your Teen's Self-Esteem
Wednesday	Helping Your Teen Make the Right Decisions
Thursday	Encouraging Your Teen to be Responsible

Battle of Midway gala to salute air support

The Naval War College will host its fifth commemoration of the Battle of Midway on Saturday, June 7, at Spruance Auditorium.

This year's theme, "Wings Over Midway," will focus on the air portion of the battle.

The festivities will begin at 5:30 p.m. with a commemoration champagne reception in the Spruance lobby.

The program, to commemorate the historic battle and pay tribute to the American Sailor, Marines and airmen at the helm of this great victory, will include a presentation on the Battle of Midway by retired Capt. Robert Rasmussen of the National Museum of Naval Aviation, Pensacola, Florida.

A buffet dinner will follow the program under a tent on Dewey Field. A cash bar will be available. Music for dancing will be provided by Navy Band Northeast.

Reservations are required and will be accepted until May 24.

Dress is summer white or equivalent for active duty service members. Civilian guest dress is either smart casual (no tie) or time-period (1940s).

Veterans are welcome to wear uniform items from their period of service.

Cost for tickets are:

E-1 to E-5 (active duty and retired) and guests — \$20.

E-6 to O-3 (active duty and retired) and guests — \$25.

O-4 to O-5 (active duty and retired) and guests — \$30.

O-6 and above (active duty and retired) and guests — \$35.

For reservations and ticket information, contact Al Lawton, 841-3813.

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Three from Newport named Federal Employees of Year

By **JOY CHRISTMAS**
NAVSTA Public Affairs Staff

WEST WARWICK — Three employees from Newport area military commands were among those selected as 2003 Federal Employees of the Year at a dinner hosted by the Federal Executive Council of Rhode Island on May 5, at the West Valley Inn.

Maj. Gen. Reginald Centracchio, Adjunct General of the R. I. National Guard, was the guest speaker.

Now in its 31st year, the Fed-

eral Employee of the Year program recognizes outstanding federal employees who have made significant contributions in the workplace and community.

Two awards were presented in four categories: one civilian federal employee and one military (non-uniformed Navy) federal employee nominated from agencies statewide. The individual award categories include: Professional, Administrative, Technical and Support Staff. In addition, military and non-military civilian nominees

competed together for the Law Enforcement, John H. Chafee Humanitarian and Bud Gifford Leadership Awards.

The local winners are:

Anissa Spatola, Naval War College, Administrative Category

Marie Williams, Naval Undersea Warfare Center, Support Staff Category

Antonio Cercena, Naval Health Care New England, John H. Chafee Humanitarian Award.

Other nominees represent-
EMPLOYEES, Page 13



Newport Commissary photo

BICYCLE WINNERS — Emma Kindley and Justin Smith, both 5, pose with their new bicycles they won in a raffle at the Newport Commissary Spring Cleanup Sale. The children show their artwork on a summertime theme they submitted to the contest.

NAVSTA names top civilians of the quarter

By **ENSIGN JENNIFER BERG**
NAVSTA Public Affairs Staff

Naval Station (NAVSTA) Newport has announced its Senior and Junior Civilians of the Quarter for Jan. 1 to March 31, 2003.

Police Capt. David Scott of the NAVSTA Police Department was named senior civilian. He is the captain assigned as watch commander to the day shift, and oversees the Operations Branch of the Security Division.

Scott has worked at NAVSTA for 18 years and for the past 12 he has worked as watch commander.

"I am pleased and surprised to have received senior civilian of the quarter," Capt. Scott said.

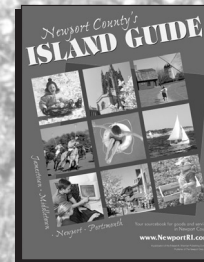
TOP CIVILIANS, Page 13



Courtesy NMCRS photo

TOP VOLUNTEER — Joanne O'Donnell, right, chairperson of volunteers for the Navy Marine Corps Relief Society, presents flowers and certificate of appreciation to Mrs. Mickey Birdy who has volunteered almost 30,000 hours to the society, dating back to 1965.

NEWPORT COUNTY



From
A to Z

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TOP THREE— George Wardwell, left, first vice president of the Newport Council, Navy League, presents Certificates of Appreciation to, from left, Navy Academy Prep School Midshipman Candidates Chris Perry and Jeremy Shorter, and Cadet Candidate Thomas Perk last week.

Sea Cadet volunteers recognized

At the Naval Academy Prep School (NAPS) awards ceremony on May 14, three cadet and midshipman candidates received Certificates of Appreciation from the Navy League, Newport County Council.

Cadet Candidate Thomas Perk, Merchant Marine Academy; and Midshipman Candidates Christopher Perry and Jeremy Shorter, U.S. Naval Academy, were presented Certificates of Appreciation for their contribution to the Officer Training Command-Newport's Navy Sea Cadet Corps program.

These three young men, who will be plebes or freshmen this fall at their respective academies,

volunteered on Saturdays to assist in the administration and training of 25 Sea Cadets that drill on Naval Station Newport.

Their duties included lesson plan development, classroom instruction, administering exams, drill instruction, escort officer duties, and general military training.

The Sea Cadet Commanding Officer, Lt. j.g. Diane Incze said, "The midshipmen candidates are important as role models for the young cadets. Their kind-hearted professionalism is something all the cadets admire."

The Sea Cadet program is sponsored by the Navy League

of the United States for young adults ages 8 to 11.

Special events

Recreation center deck to open

Head over to the deck of the Recreation Center, Building 656, tonight and kick off the summer with a dynamite deck opening party.

Starting at 5 p.m. you are invited to enjoy complimentary hot dogs and hamburgers, BBQ chicken, various salads and all the fixins', as you sip refreshing beverages and listen to the coolest tunes, spun by "Deck DJ's" from Get With It Productions.

The party will move inside in the case of rain.

Deck parties continue every Friday until September. For more information, call 841-3054.

MYA camps underway this June

Children of active duty, reserve and retired personnel, and Department of Defense civilians are invited to register for the Military Youth Activities (MYA) Summer Camp.

Camp begins on June 23 and runs in one-week sessions through Aug. 29. Camp will be held at the Greene Lane Community Center in the Greene Lane Housing Area.

Children will participate in age-appropriate indoor and outdoor activities, field trips, crafts and much more. Full payment for the first week of camp and a \$20 non-refundable deposit per week that your child will attend is due upon registration.

Registrations will be accepted Monday through Friday at Gym 109 from 8 a.m. to 5 p.m. An income-based fee chart is available at Gym 109. For more information, call Jeff Dunn at 841-7196.

Announcements

Observances planned for Asian-Pacific Month

Naval Station Newport (NAVSTA) and the Naval Ambulatory Care Center (NACC) will honor the cultural heritage and contributions made by Asian-Pacific Americans in separate observances in celebration of Asian-Pacific American Heritage Month.

The 2003 national theme is: "Salute to Liberty."

Dr. Ron Atkins, chairman, Business Studies Department at Salve Regina University, will be the guest speaker at NAVSTA's observance on May 29 at 10 a.m. in Building 1112.

Dr. Atkins, also a retired Navy commander, will speak about the American economic involvement in the Pacific Rim.

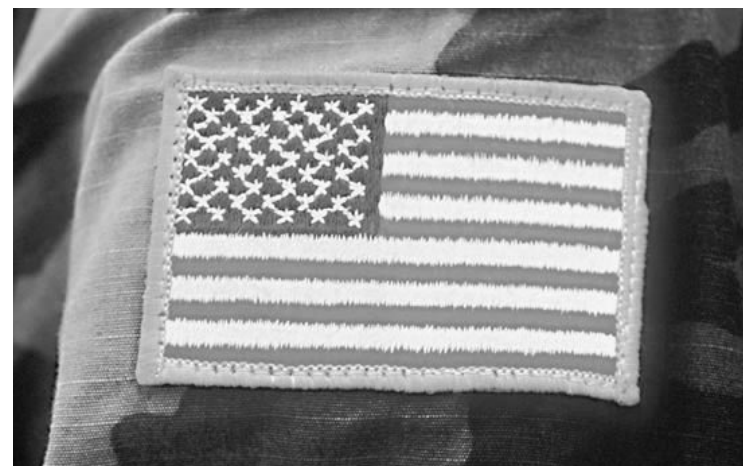
The ceremony is open to all NAVSTA Newport tenant commands and activities.

NACC's observance will be Friday, May 30, at noon in Building 23, second deck foyer outside Physical Therapy, and will feature an Asian cuisine prepared by NACC staff members.

As part of NACC's cultural awareness program, staff members will participate in Filipino folk and native Hawaiian dance demonstrations.

An origami demonstration is planned, also.

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What's going on

Veterans pause for war dead

The United Veterans Council of Newport County will sponsor a variety of observances for Memorial Day, Monday, May 26.

The main ceremony at Newport City Hall will begin at noon.

As in past years, the Newport Artillery Company, veterans organizations of Newport County, the Rogers High School Army Junior ROTC, clergy, and city and legislative officials will attend.

Complete story, Page 2.

TODAY, May 23

- Armed Services YMCA:
— Fitness Hour, 9 to 10:30 a.m.
— Scrapbooking, 6 p.m. to midnight.
- Lunchtime BINGO, at the Recreation Center, Building 656. Noon to 1 p.m. Also Thursdays.
- Fitness Equipment Orientation, FITNESS Plus, Building 355, 8, 9 and 10 a.m. Also, Wednesday and Friday mornings. Call 841-1474.
- Soup kitchen at Martin Luther King Center, Dr. Marcus Wheatley Boulevard, welcomes military volunteers, 8:30 a.m.
- Soup kitchen at Salvation Army, Memorial Boulevard, welcomes military volunteers, 5 to 5:45 p.m.
- Pawtucket Red Sox vs. Columbus Clippers, McCoy Stadium, 724-7300.
- Recreation Center Movie Night beginning at 6: *Catch Me If You Can* (PG-13) and *Darkness Falls* (R).
- *Lettice and Lovage*, Firehouse Theater, 8 p.m., 849-FIRE.

SATURDAY, May 24

- Red Cross First Aid Basics Course, Visiting Nurse Services, 9 a.m. to noon, 846-8100.
- Bristol Boat Show, Independence Park to Herreshoff Waterfront, 10 a.m. to 6 p.m.
- Memorial Day Jazz, Greenvale Vineyards, 1 to 4 p.m., 847-3777.



- Bank of Newport Memorial Day Regatta, Sail Newport, 846-1983.
- Mitchell Regatta, Newport Yacht Club, 846-9410.
- Soup kitchen, Community Baptist Church, Dr. Marcus Wheatley Boulevard, welcomes military volunteers, 4:30 p.m.
- Pawtucket Red Sox vs. Columbus Clippers, McCoy Stadium, 724-7300.

SUNDAY, May 25

- Chapel of Hope Sunday worship services:
— Protestant Service, 8 and 10:30 a.m.
— Catholic Mass, 9 a.m. and noon.
- Sunday Bowling, Seaview Bowling Lanes, Building 656, \$7 per person, two-person minimum per lane.
- Sunday morning bird walks, Norman Bird Sanctuary, 8 a.m., 846-2577.
- Wildflower Walk, Sachuest Point National Wildlife Refuge, 8 to 10 a.m., 847-5511.
- Bristol Boat Show, Independence Park to Herreshoff Waterfront, 10 a.m. to 6 p.m.
- Bank of Newport Memorial Day Regatta, Sail Newport, 846-1983.
- Mitchell Regatta, Newport Yacht Club, 846-9410.
- Pawtucket Red Sox vs. Columbus Clippers, McCoy Stadium, Fireworks after the game, 724-7300.
- Soup Kitchen, Salvation Army, welcomes military volunteers, 4 to 4:45 p.m.

MONDAY, May 26

- Armed Services YMCA:
— Closed in Observance of Memorial Day
- Fitness Walk and Tone, 8 to 9 a.m., Gym 109.
- Intermediate Weight Training for Women, 9 to 10:30 a.m., \$10 per person.

son.

- Memorial Day Observance, U.S. Marine Monument, Perrotti Park, 10 a.m.
- Bristol Boat Show, Independence Park to Herreshoff Waterfront, 10 a.m. to 6 p.m.
- Memorial Day Observance, Storer Park, 11 a.m.
- Soup kitchen, St. Joseph's Church, Broadway, welcomes military volunteers, 11:30 a.m.
- Memorial Day observance, Newport City Hall, noon.
- Family Day, The Astors' Beechwood Mansion, 846-3772.

TUESDAY, May 27

- Armed Services YMCA:
— Fitness Hour, 9 to 10:30 a.m.
— Stamp-a-Rama, 10 a.m. to noon.
- Little Chefs, 10:30 to noon.
- Fitness Walk and Tone, 8 to 9 a.m., Gym 109. \$5 for five weeks! Call 841-3154.
- Intermediate Weight Training for Women, 9 to 10:30 a.m., Gym 109. \$10 per person. Call 841-3154.
- Investment Fundamentals, Fleet and Family Support Center, 11:30 a.m. to 1 p.m., 841-2283.
- Soup kitchen, United Baptist, Spring Street, welcomes military volunteers, 5 p.m.
- Officers' Club Movie Night – 6 p.m., *Two Weeks Notice* (PG-13); at 8 p.m., *A Guy Thing*. (PG-13)

WEDNESDAY, May 28

- Armed Services YMCA:
— Parents' Time Out, 9 a.m. to noon.
- Soup kitchen, Martin Luther King Center, Dr. Marcus Wheatley Boulevard, welcomes military volunteers, 8:30 a.m.
- The Credit Process, Fleet and Family Support Center, 11:30 a.m. to 1 p.m., 841-2283.
- Soup kitchen, United Baptist Church, Spring Street, welcomes military volunteers, 5 p.m.

THURSDAY, May 29

- Armed Services YMCA:
— Fitness Hour, 9 to 10:30 a.m.
— Parents as Teachers Playgroup 10:45 to noon.
- Soup kitchen, Martin Luther King Center, welcomes military volunteers, 8:30 a.m.
- "From Tots to Teens," Parenting Workshop, Fleet and Family Support Center, 10 a.m. to noon, 841-2283.
- "Lettice and Lovage," Firehouse Theater, 7 p.m., 849-FIRE.

Volunteers needed at Special Olympics

KINGSTON – Military and civilian personnel from Navy Newport will once again help run the annual Special Olympics Rhode Island Summer Games.

Volunteers are still needed for the 35th annual weekend of events that will take place at the University of Rhode Island on May 30, 31 and June 1.

Pre-game, volunteers help prepare fields and other competition sites for events. Military members, dressed in whites, help to escort the more than 1,500 athletes in the parade of athletes for opening

ceremonies at Meade Stadium on May 30 at 7:30 p.m.

During competition, volunteers assist athlete to and from starting and finishing lines, award presentations, serve as timekeepers and officials, or just to encourage and cheer on the athletes.

Areas of competition include aquatics; bowling; cycling; gymnastics; motor activities training program; powerlifting; and unified soccer.

To volunteer or for more information, contact Chief Navy Counselor Martha Lara, 841-6048.



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OIS lieutenant joins Cancer Walk

NEW BEDFORD, Mass. — The American Cancer Society's 24-hour walk to raise money for research will include a lieutenant from the Officer Indocination School at Officer Training Command-Newport, her four sisters, and their mother.

Lt. Denise Hoffman, the third youngest in a family of nine, said this will be the eighth year her siblings have

participated in the society's fundraiser since their father died of leukemia in 1973.

The walk for pledges and donations will be June 27-28 around the outdoor track at the Greater New Bedford Regional Vocational Technical High School. Walkers or joggers trade off every three to four hours.

"We have always donated in remembrance of our father,"

Hoffman said, "but we just do it now for all patients who are in need of funding for their families." Hoffman's mother was pregnant with her ninth child when her husband died.

She said if there are other servicemembers who have been affected by cancer in their families, they are welcome to join the walk. For information, call Hoffman at 841-4310.

Fleet and Family Support Center

Learn fundamentals of stock investments

Interested in investing? Attend our Investment Fundamentals beginner's class to find out why it is important to invest.

The class will be presented by a Navy Federal Credit Union representative on Tuesday, May 27, from 11:30 a.m. to 1 p.m. Learn about stocks, bonds, mutual funds, and annuities, and how they can work for you. You also will hear about several investment approaches and strategies.

Call 841-2283 to register.

The credit process — Good credit is an important part of financial planning. Establishing credit, correcting credit problems, and rebuilding good credit are important skills. Credit reports are used not only by banks, loan companies, and credit card companies, but also by rental property agencies, potential employers, and can be part of a job security clearance process.

A representative from the Navy Federal Credit Union will be conducting this program on May 28, from 11:30 a.m. to 1 p.m. Come and learn how to read, understand and correct your credit report.

Registration is required. Call 841-2283.

A Parenting Workshop "From Tots To Teens" — The Fleet and Family Support Center is offering a workshop to help parents enhance their parenting skills.

The two-hour workshop is scheduled for Thursday, May 29, from 10 a.m. to 12 p.m.

This workshop will provide parents the tools needed to make sense of their children's behavior and plan responses to it. Parents will learn methods they can use to promote

responsible, cooperative, and productive behavior in their children.

They also will learn how to disrupt harmful patterns of behavior in a respectful and caring manner, as well as how to encourage desirable behaviors and discourage undesirable behaviors. Basic knowledge and understanding of age appropriate expectations for their children's behavior and age appropriate consequences will also be discussed.

Parents will learn about natural and logical consequences and how they can use these concepts to strengthen their children's self-esteem and desire to cooperate.

Registration is required and may be made by calling 841-2283.

Sponsor training — Sponsor Training will be held Tuesday, June 3, from 9 to 10 a.m. This training provides valuable information for individuals who will act as sponsors or department representatives selecting sponsors. Because the military spouse also plays such a vital role in the Sponsor Program, all spouses are invited and encouraged to participate.

Call 841-2283 to register.

Car buying — So you want to buy a new car? An image of your dream car hovers in your mind: it's shiny, colorful and purrs like a kitten. But, standing between you and your dream car is the car dealer.

How do you get the best car for a fair price? Come to the Fleet and Family Support Center on Thursday, June 5, from 11:30 a.m. to 1 p.m., to find out how to gather your resources and be well informed. Call 841-2283 to register.

TRICARE corner

Get a handle on personal stress

Feeling tense, irritable or anxious?

Having trouble concentrating or getting a good night's rest? These are common symptoms of stress—something we all experience from time to time.

Deadlines, traffic jams and even holidays can leave you feeling frazzled. When temporary stress can motivate you to take needed action. However, sometimes stress can trigger or develop into something more serious. Some related conditions include:

Anxiety disorders — It's natural to feel nervous or anxious when you're stressed. But, people with anxiety disorders worry intensely and with such frequency that it disrupts their lives. There are several types of anxiety disorders, such as generalized anxiety disorder, panic disorder, obsessive compulsive disorder and phobias.

Depression — More than just "the blues," depression is marked by prolonged feelings of sadness, despair and hopelessness. It may be brought on by a loss or other external circumstance.

But, people with depression often blame themselves. They may withdraw from daily



activities and social circles. And, they may even have thoughts of death or suicide, which should never be ignored.

Post Traumatic Stress Disorder — Many events in life can be stressful. However, some are so traumatic that they trigger a prolonged

TRICARE, Page 13

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Army and Navy flex muscle



TWO MEN walk the length of Pier One between the decommissioned aircraft carriers Saratoga and Forrestal on Armed Forces Day last Saturday. About 120 took advantage of the warm weather and the open pier.

Ens. Jennifer Berg/U.S. Navy photo

SPIN CYCLE — Matthew Thornton, 17, right, a junior in the Army JROTC unit at Cranston East, R.I., High School, flips his rifle toward his teammate in Trick Drill demonstrations at Fort Adams Opening Day last Saturday. The opening coincided with Armed Forces Day.



Armed Forces Day coincides with Ft. Adams Opening Day

By **RICHARD ALEXANDER**

Navalog editor and

ENS. JENNIFER BERG

NAVSTA Public Affairs Staff

Armed Forces Day last Saturday, which coincided with Fort Adams Opening Day, gave the Army, Navy and Marine Corps the opportunity to showcase their might from the Revolutionary War era to the present.

Fort Adams, the 19th century fortification at the entrance to Newport Harbor, provided a full day of activities beginning with a cannon salute by the Newport Artillery Company.

Billed as a "Salute to the Troops" in the wake of Operation Iraqi Freedom, the Fort Adams Trust welcomed hundreds to view renovations underway at the National His-

toric Landmark.

Sen. Jack Reed, D-R.I., a West Point graduate, was guest speaker during opening ceremonies. Tours were held throughout the day through the north casemates.

Col. Frank Hale, fort commandant, explained the history behind a restored 1848 24-pounder, typical of the cannon in the fort's casemates. A wooden carriage for the cannon was just recently built out of fir and hand-forged iron from original designs supplied by the Army.

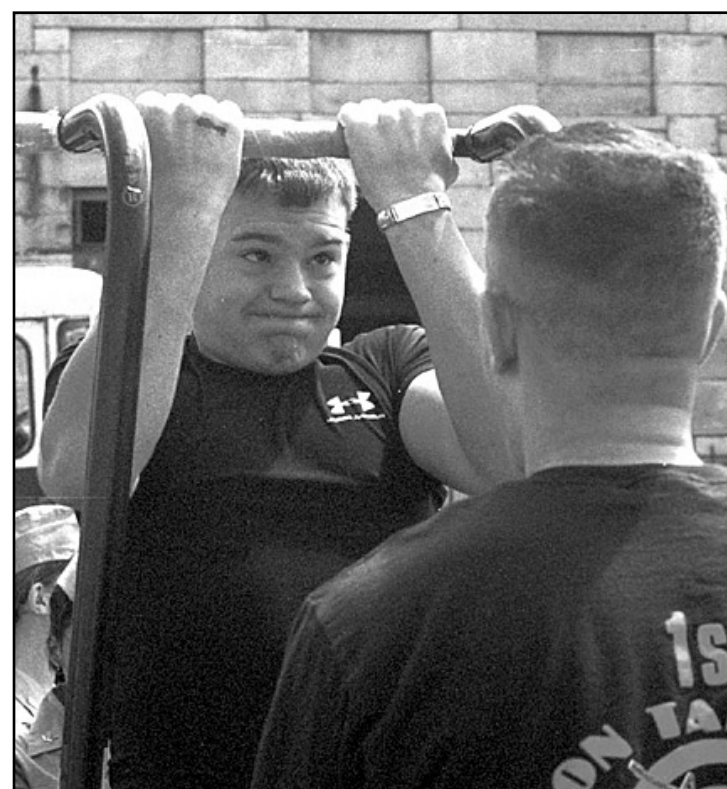
He said the cannoneers would practice skipping cannon balls like stones across the harbor to hit an enemy ship at the waterline. Ironically, the fort's cannons were never fired at enemy ships.

"I hope to see this cannon fire at least once in my lifetime," he said.

Events included a trick drill demonstration by the Cranston East High School Army JROTC unit; a concert by the 88th Army Band; and a "Kids Boot Camp" led by a Marine Corps drill sergeant from Officer Training Command-Newport.

In the center of the parade grounds, Sgt. Josh Roberts of Broadened Opportunity for Officer Selection and Training (BOOST) screamed at a couple dozen children lying face down for pushups.

Like a scene from Parris Island with Marine Corps recruits, Roberts yelled, "COUNT OFF! I can't HEAR



NO PAIN, NO GAIN — Gerald Fournier, 15, of Portsmouth and a member of the Naval Sea Cadet Corps, does 10 pullups at the Marine Corps recruiting booth at Fort Adams.

ARMED FORCES, Page 9



PULL WITH ME — The Rogers High School Army JROTC unit of Newport out-pulls the Durfee High School Navy JROTC unit of Fall River, Mass., in tug-of-war at the fort.



MU3 Sara Turner/U.S. Navy photo

CENTER STAGE — Musician Second Class Kenneth Fennell performs a saxophone solo with the Northeast Navy Showband.



DOZENS OF kids crawl through hoops at the Naval Sea Cadets Corps obstacle course on the fort parade grounds.

Armed Forces

Continued from Page 8

you! What are YOU smilin' at!"

The Northeast Navy Showband also provided patriotic music, and later teamed with their partnership schools, Sheffield and Cranston-Calvert elementaries, for a joint concert.

There were also static displays, military equipment exhibits, and face-painting for kids. The Armed Services YMCA invited children to draw pictures and write letters to troops deployed overseas.

Leslie Nunes of Portsmouth, an Officers' Club employee and chaperone with the Naval Sea Cadets, wrote to troops deployed overseas in Iraq and Afghanistan.

"I'm just offering a few words of encouragement and saying how we're proud of them," she said. "Just to let them know we're thinking of them back home."

Tug-of-war competition was held between Durfee and Rogers High School Navy and Army JROTC cadets. Rogers was an easy winner in two contests.

At Naval Station (NAVSTA) Newport, the public was invited to walk Pier One

and view the decommissioned aircraft carriers Forrestal and Saratoga.

Among the 120 visitors strung out along the pier was Terry Chesson and his family. Chesson, a former Saratoga Sailor, had traveled from Illinois to see his niece graduate from the University of Rhode Island, and took time to visit his old ship.



PETER Brown, 11, of Wilton, Conn., sights down an assault weapon at the R.I. Army National Guard booth.

Chesson was on the Saratoga from January to September 1963, which encompassed a cruise to the Mediterranean. Chesson's rate at the time was a musician third class.

Chesson entered the Navy in 1961 and retired in 1988 after 26 years of service. His final rank was a Chief Warrant Officer fourth class. His last tour of duty was here at the former Naval Education and Training Center as Navy Band Newport bandmaster from 1983 to

1988.

The Morale, Welfare and Recreation Department sponsored an Armed Forces Day Kids Run at NAVSTA. About 24 children competed in several age groups for prizes (Story, Page 11.)

Richard Alexander/U.S. Navy photos

Naval Station Newport Dining

Officers' Club

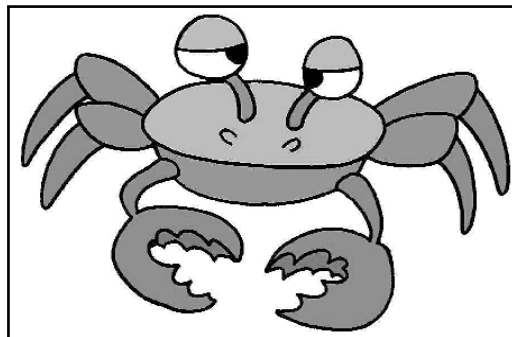
(Building 95, Phone 841-4821, 846-7987 or 849-3693)

Deck opening party tonight!

Welcome a summer of Friday night deck parties with the best grand opening celebration ever, tonight at the Officers' Club!

Local reggae/ska favorites, The Ravers will "be jammin'" on the deck beginning at 5 p.m. to help us kick off a fabulous summer of fun!

Take part in the annual second American Revolution taste test, between Sam Adams (USA) and Bass Ale (England) from 5 to 7 p.m. and compete for great prizes! There is also a complimentary cookout, hors d'oeuvres and sno-cones for the kids! It's sure to be fun for the whole family!



REMEMBER, the Crab is King at the Officers' Club on Sunday, June 8. Call 846-5111 or 841-4821 for reservations.

Deck bar opens at 4 p.m., beer taste test is 5 to 7 p.m., and The Ravers will play from 5 to 9 p.m.

For more information, call the Officers' Club.

Upcoming Events:

Advance tickets may be required for the following events. Gratuity is included in all tickets prices and there is no charge for children age 3 and under at special events.

Tickets are available at the Officers' Club Gift Shop during normal hours of operation or by phone using Visa or MasterCard. To purchase tickets or for more information, call 846-5111 or 841-4821.

CRAB-IS-KING: Tickets are on sale for a crab-lover's feast, featuring dozens of mouth-watering crab delicacies, on Sunday, June 8.

Start your evening with delicious, homemade thick-with-crab bisque. Next, build yourself a fresh tossed salad from our super salad bar (includes

crab salad) while your server brings loaves of warm rye bread - dig in!

Then, visit the buffet table and help yourself to crab cakes with zesty lemon sauce, crab-meat lasagna, crab del ray, stuffed crab legs, and, of course, Alaskan king crab legs!

That's not all. This incredible buffet also features thin-sliced top round of beef au jus with whipped horseradish sauce, chicken Parmesan, fresh vegetables al dente, and the best scalloped potatoes around!

Seating times are available from 6 to 9 p.m. and must be confirmed at time of ticket purchase. Tickets cost just \$30.95 for adults and \$11.45 for children 4-12, and are free for children under 4.

ALL-HANDS FATHER'S DAY

BUFFET: Treat dad like a king with an all-hands, all-you-can-eat feast of all his favorites on Sunday, June 15, from 11 p.m. to 2 p.m.

The menu features New England clam chowder, blue point oysters on the half shell, fresh fruit and cheese, and a jumbo salad bar.

The main buffet station includes carved prime rib au jus, garlic mashed and scalloped potatoes, fresh roasted vegetables, plus other selections. Save room for dessert, there is pie, ice cream and more! Tickets cost just \$24.95 for adults, \$8.95 for children 4 to 12, and children 3 and under are free.

Sorry, brunch cards are not valid today. Seating time must be confirmed at time of ticket purchase.

Enlisted Lounges

(Recreation Center, Building 656, phone 841-3054)

New hours of operation:

The Enlisted Club is open 11 a.m. to 11 p.m., Monday to Saturday and from noon to 8 p.m. on Sunday.

Today: Lunch served from 11 a.m. featuring sandwiches, burgers, soups and salads and creamy white New England-style clam chowder. Lunch is open to all hands and Depart-

ment of Defense civilians are always welcome. Call for advance order take-out. No home delivery.

Also, enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m.

Tonight: Kick off the weekend with a rockin' good time! Head over to the Recreation Center, Building 656, every Friday and kick off the weekend with a fabulous TGIF party!

Starting at 5 p.m., you are invited to enjoy complimentary hors d'oeuvres, sip refreshing beverages, and listen to the coolest tunes, spun by a rocking DJ from "Get With it Productions."

This is the perfect way to unwind after a long week, so mark your calendar, tell your friends and get ready to kick off the weekend at the Rec. Center. For more information,

call 841-3054.

Saturday: 11 a.m. to 11 p.m., Pub menu available from 1 to 9 p.m.

Sunday: Noon to 8 p.m., Pub menu available until one hour before closing.

Tuesday-Friday: Breakfast, 7:30 to 11 a.m., full menu featuring omelets, breakfast sandwiches, bagels, muffins, croissants and pancakes.



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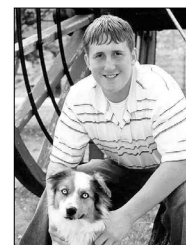
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Love,
Mom and Dad

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Total Cost \$12.00

Leisure

Summer Scramble Golf Tournament

RICHMOND, R.I. — Gather your team and your golf clubs and join us for a "Super Summer Scramble" golf tournament, on Thursday, June 12 at Richmond Country Club.

The tournament is open to active duty, military retirees and DoD civilians and costs just \$50* per person.

Registrations for active duty teams (all four members must be active duty) are being accepted now. Teams of military retirees (at least two members) may register beginning on Tuesday, May 27.

Space available, all other authorized patrons may register beginning on Monday, June 2.

Remember: you must register in person and full team payment is due upon registration. Registrations will be accepted Monday through Friday 8 a.m. to 4:30 p.m. at Gym 109 until Friday, June 6 (no registrations will be accepted on Memorial Day, Monday, May 26.) Check-in will begin at 7 a.m. and tee-off will be at 8 a.m.

For more information, call the Athletic Office at 841-7196.

(*Registration fee includes greens fees, golf cart (course conditions permitting) and lunch!)

Special fitness activities

(Gym 109, 841-3154)

—Intramural softball: Register today for MWR Athletics' Intramural Softball League and have a super summer of friendly competition and fun!

The league is open to active duty, retirees, reservists, dependents and DoD civilians age 18 and over. Games are played Monday through Friday at Carr Point at 5:30, 6:30 and 7:30 p.m. The softball season runs Tuesday, May 27 through Friday, Aug. 15.

Teams may register at Gym 109, Monday through Friday, 8 a.m. to 4:30 p.m. until June 20. There is a \$15 fee for DoD civilians and no more than four DoD players will be allowed per team unless approved by the athletic director.

All teams are required to pay a refundable \$100 forfeit fee and must have matching shirts



SCOTT MacDONALD, second right, MWR athletic director at Gym 109, lines up children for the Armed Forces Day Kids Run on Lawrence Field last Saturday.

with numbers by the first game. For more information, call Jim Gauch at 841-7196.

Gymnasium

(Gym 109, 841-3154 or FITNESS Plus, Building 355, 841-1474)

—Fitness Walk 'n Tone, designed for patrons age 50 and up. Stretching and muscle toning exercises as well as 20-plus minutes of fitness walking around the gymnasium. Classes are held Monday and Thursday 8 to 9 a.m. in Gym 109. Call for space availability. Fee is \$5 for six weeks.

—Fitness equipment such as Hammer Strength, lifecycles, treadmills, free weights, etc. available; also racquetball, squash and basketball courts.

Aerobics/exercise

(FITNESS Plus, Building 355, 841-1474)

Current hours of operation are Monday to Friday, 5 a.m. to 7:30 p.m.; closed weekends and holidays.

The group fitness class schedule includes classes for everyone, including Pilates, incorporating exercises for core muscles and lengthening stretches; Yoga, trekking and cardio-kickboxing.

The schedule still contains a good variety of cardiovascular, toning and circuit training classes which are offered throughout the day. There are even special, Fitness Enhancement Programs geared toward the military. Classes are free to active duty, dependents and active reservists. No need to pre-register.

Kids Run draws 24

Nearly two dozen children, age 5 to 13 participated in the first Armed Forces Day Kids Run on Lawrence Field, last Saturday.

Children ages 5 to 6 participated in a half-mile run, while 7 and 8 year olds ran a full mile. Children ages 9 to 13 ran 2 miles. Competitors of all ages also participated in a javelin throw. Winners in each age group are as follows:

Ages 5-6

Laura Fountain, 6, first place run in 4:49 and first place javelin, 31 feet;

Ages 7-8

Kara Madson, 7, first place run in 6:32; Tom Jones, 8, first place javelin, 63 feet;

Ages 9-13

Bronson Venable, 12, first place run in 11:14; first place javelin, 82 feet.

Top Stories

Sports

Classifieds

Calendar

NOW




www.NewportDailyNews.com

Sports

SNA 5k By-the-Bay to return in June

The Newport Chapter of the Surface Navy Association (SNA) has announced its spring running of the 5K By-the-Bay Road Race will be Friday, June 6, at 5 p.m. at Naval Station (NAVSTA) Newport.

Proceeds from the race will benefit the Navy and Marine Corps Relief Society, a non-profit organization that provides emergency financial assistance to active duty and retired Navy and Marine Corps personnel and their families, and the Newport Chapter of the SNA.

Trophies will be awarded to the top two finishers in each category (male and female) to include: 17 and under, 18 to 29, 30 to 39, 40 to 49, 50 and over, and Clydesdale Division for males and a Philly Division for females.

Teams consisting of five or more will also compete for awards.

Prizes from participating local businesses will be drawn at the post-race awards ceremony, and runners must be present to win. Race results will be posted on www.coolrunning.com.

The entry fee before May 31 is \$15 and includes a cotton t-shirt. The entry fee after May 31 is \$18.

Refreshments will be available to all participants following the race.

Entry forms are available on-line at the Surface Navy Association web site (<http://www.sna5k.com>), at locations throughout the Newport Naval Station, or request an entry form from Jim Fleming at james.l.fleming@swos.navy.mil.

Navy Prep baseball sums up 7-6 season

The Naval Academy Preparatory School's baseball team closed its season, May 4, with two wins out of three games for a 7-6 record.

On May 1, the Rams traveled to Marion, Mass., and shut out Tabor Academy, 7-0, on great combined pitching effort by Midshipman Candidates Burgess Nichols and William B.J. Bickel. Together, they threw a three-hit shutout.

Nichols and Bickel also led offensively, hitting 2 for 4 along with Midshipman Candidate Michael Garcia who went 3 for 4 with a home run and a triple.

On May 2, NAPS soundly defeated St. Thomas More Academy, 13-3. Midshipman Candidate Jon Ladyga pitched very well, striking out six and only walking two. The long ball came into play with both Midshipman Candidate Scotty Pastel and Bickel hitting home runs. Both Nichols and Midshipman Candidate Dave Coco had two hits apiece.

On May 3, NAPS lost its final



NAVAL ACADEMY Prep School baseball squad poses for a team picture with their coach.

game of the season, 8-4, against Choate Academy. NAPS had several chances to win, but left 13 runners on base. They were unable to get the big hit when they needed it.

NAPS gave Choate Academy all it could handle in the last inning with bases loaded, but the game ended on a forced out at second.

A recurring theme this year has been lost opportunities. NAPS ended the season with a 7-6 record, but, with a little luck or with a different bounce of the ball, the record could have easily been 10-3. Many members of this year's baseball team will continue to hone their skills at the Naval Academy.

NAPS graduated last Friday.

Cotta

Continued from Page 2

together."

More than 58,000 Americans died in Vietnam.

The conflicts in Granada and Panama yielded similar results.

"Again, the separate service components never seemed to work together," he said. "They always seemed to be competing for the best actions."

Finally, in the Persian Gulf War, all the services began working together sharing intelligence; the result was immediate success.

The plan has repeated in the present fight against terrorism and Iraqi freedom.

"This shows us that the meaning of Armed Forces Day 53 years ago for a 'team of defense' has finally come fruition; and it works provided the military is in charge and the politicians stay in Washington," he said.

Cotta said Armed Forces Day serves to educate the public on the operation of the govern-

ment and increase awareness of the roles the Armed Forces play, and to show off the latest state of the art technology used by the military.

"But most of all, it's a time to honor and acknowledge the people of the armed forces, past and present."

Cotta said unlike those who served in the nine-year Vietnam conflict, today's military members are coming home to a hero's welcome.

"We (Vietnam veterans) are hanging onto your coattails." We are finally getting our Armed Forces Day because of your success."

Cotta was also awarded a Silver Star, two Bronze Stars for valor, and two Soldier's Medals for Heroism, and Two Purple Hearts for his service in Vietnam.

The Middletown Post office was recently named in his honor.

Former Navy Prep MVP makes Patriot League's first team

ANNAPOLIS, Md. — A former Most Valuable Player (MVP) for the Naval Academy Preparatory School (NAPS) baseball team has earned First Team All-Patriot League honors for the U.S. Naval Academy squad.

Midshipman Third Class Pete Curnow, a sophomore student from Morristown, N.J., earned First-Team All-Patriot League honors this season. The Naval Academy finished the 2003 season at 12-8, and was seeded second in the post-season tournament.

In Newport in 2000-2001, Curnow played under former NAPS baseball coach, Lt. Cmdr. Terry Allvord. Allvord is now Director of Baseball Oper-

ations, U.S. Navy Baseball Club.

Curnow's .359 average in conference games ranks fourth in the league, while he's batting .306 overall with six doubles, three triples, 12 RBIs, 12-multiple hit games and 22 runs scored.

Curnow, a second-team all-league pick and honorable-mention freshman All America last year, has stolen 18 bases this season, bringing his two-year total to 32.

"I am really proud of these guys for the recognition they have received," Navy head coach Steve Whitmyer said. "I know they all have a lot of loyalty for the Naval Academy and the baseball program. Even

though they are getting individual recognition, I think they are humbled by it, but at the same time deserving."

All-Patriot League first-team members are:

C - Schuyler Williamson (Army)

1B - Walker Gorham (Army)

2B - Jeff Rodgers (Lafayette)

SS - Ben Stoll (Bucknell)

3B - Jesse Novalis (Lehigh)

OF - Adam Rosenberg (Lafayette)

OF - Craig Candeto (Navy)

OF - Pete Curnow (Navy)

DH - Matt Foster (Navy)

SP - Kevin Miller (Bucknell)

SP - Rich McDevitt (Navy)

RP - Phil Futrick (Bucknell)

Top civilians

Continued from Page 4

Scott and his wife Elizabeth live in Middletown, and have four children and three grandchildren.

The Junior Civilian of the Quarter selected is Carl Davis, the assistant manager with Combined Bachelor Housing for the past four years. Davis is also head cashier and the reservist coordinator.

Davis has 16 years prior Navy service prior to his civilian service. He served at NAVSTA Newport for three years as a military member before getting out and starting his civilian service. He said he is pleased to be chosen as junior civilian of the quarter.

Davis lives in Newport and is to be married. He has a 14-year-old daughter.

Both Scott and Davis will be awarded a NAVSTA plaque and a Letter of Appreciation at the next All Hands awards program in June.

Employees

Continued from Page 4

ing Newport area commands:

Professional:

Michael Coleman, Naval Station Newport
Professor Stanley Carpenter, Naval War College
Kristin Wilkes, Naval Ambulatory Care Center Newport

Rosemary Gribbin, Naval Undersea Warfare Center

Administrative:

Pauline Dumas, Naval Ambulatory Care Center Newport

Technical:

Thomas McGoonan, Naval Station Newport
Brian Phillips, Naval War College
Elizabeth Amiot, Naval Ambulatory Care Center Newport

Paul Wells, Naval Undersea Warfare Center

Support Staff:

Michele McKamey, Naval Station Newport
Donna Rubel, Naval War College
Barbara Haynes, Naval Ambulatory Care Center Newport

Bud Gifford Leadership Award:

Professor Timothy Jackson, Naval War College
Richard Bonin, Naval Undersea Warfare Center

TRICARE

Continued from Page 7

and exaggerated stress response. Experiencing a natural disaster, crime or abuse, for instance, often leaves a lasting imprint.

You may have feelings of anxiety, fear or restlessness. You even may relive the event in your mind—or be unable to shake tragic images.

Do you need help?

Here are just some of the signs that you may need professional help:

- You no longer find pleasure in things that once were enjoyable to you.
- Feelings of hopelessness or helplessness take over.
- Relationships with your friends and family begin to suffer or become strained.

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cond. \$400/best. Ca
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The Newport Daily News
849-3300 x 243

515 - Health & Beauty

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520 - Miscellaneous for Sale

FREUHAUS 40' TRAILER, on wheels. \$400 Call 847-6590.



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LANDSCAPING SCALLOPED CEMENT BLOCKS, straight and curved. Approximately 100. Asking \$125 for all. Call 847-4636.

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SINGER sewing machine, Althea 2000 electronic w/walnut desk cabinet & storage bench. Paid \$2000, asking \$500, brand new 847-0316.

530 - Household Appliances

DRY SINK: Pine, colonial style. \$100. 846-6749

FREEZER: WHIRLPOOL, White, upright, commercial, only used for 1 mo., excellent condition \$600/best. 849-2302.

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SLEEPER COUCH mission style frame, \$210 846-6749.

SOUTHCONE VILLA leather armoire/entertainment center, 8 high, 46" wide, 2 deep. \$1800, original price \$4000. 847-6021.

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580 - Coins & Collectibles

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590 - Music & Instruments

DRUM SET, YAMAHA 2003. 5 pc. Paid \$1,000. New. Sale price \$650 848-9121.

PIANO TUNING VIOLIN LESSONS Call Mr. Dragone 843-8663

640 - Antiques

1938 ENAMELED TOP, art deco table with pullout. \$200. Call Friday eve., Sat. Sun., 841-5748.

0670-Business Opportunities

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690-Apartments

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695-Houses to Rent

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700 - Rooms for Rent

OCEANVIEW, mansion apartment. Non-smoker. Available 5/1. 841-5575

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710 - Unfurnished

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1 BDRM. in Portsmouth, utils incl., air conditioning. \$850. 683-4094.

2 BDRM., Prospect Ave., country setting. \$925 848-7027.

3 & 6 BDRMS. Avail. 7/1. \$1500-\$2500. Please call Kate @ ReMax for info. 848-677

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BELLEVUE ESTATE Oceanviews. Walk to Beach. 2 bdrm., 2 bath. \$1,800 & up. 848-0412

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NEWPORT: 3 bdrm., Pleasant St., quiet fl. \$1000+ 846-1720.

PORTSMOUTH nice, 3 bdrm. duplex w/hook-ups. \$1,300+. 855-0184

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EFFCY., great views, no pets. \$800 some utilities Avail. now! 846-6593.

725 - Condos for Rent

JAMESTOWN waterview, 2 bdrm., 2 bath, asking \$2000+. Call Dan, Island Realty 423-2200.

730 - Houses for Rent

1 BDRM. COTTAGE, by beaches, beautiful furn., great kitchen deck. (Pets?) Summer or year-round. 855-100

JAMESTOWN 3/4 bdrm. home on 2 acres in excellent neighborhood garage. \$2000+. Call Dan, Island Realty 423-2200.

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MIDDLETOWN. Beautiful waterview. 3 bed, 3 1/2 bath, hardwoods. Avail July. \$1800+. 716-636 8456.

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740 - Summer Rentals

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741 - Winter Rentals

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770 - Garages

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870 - Houses



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875 - Real Estate

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902 - Motorcycles

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902 - Motorcycles

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905 - Trucks & Vans

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GMC 1500 4X4: 88, w/plow and tailgate spreader. Clean, gre work truck. \$3200. 840738 after 6pm.

MAZDA B3000 '94 w/plow, 4x4, new clutch 81,000 mi. \$5,000/best 847-4505.

907- Boats & Yachts

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912-Auto Parts

4 WHEELS & TIRES for sale. TSW REVO 16x7 rims on 205/45ZR16" Toyo Proxes tires. Both almost new. Not a scratch, mint. \$85 848-7880.

915 - Autos for Sale

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AUDI 5000 CS wagon: '88 Quattro, turbo, 5 spd. 144,000 mi. White w/black leather. power. Runs & looks good. Asking \$2300. Call 439-1328.

BUICK REGAL: '92, V-6 auto, high mi. but in good. Inspected till \$1400/best. 846-6211 after 4 pm.

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915 - Autos for Sale

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Navy rescinds stop-loss policy

WASHINGTON (NNS)—The Navy has rescinded its one-month-long stop-loss, which prevented hospital corpsmen with Navy enlisted classification code 8404 (field medical service technician) in pay grades E-1 through E-6 from separating or retiring as planned because of combat operations.

"The Navy implemented a targeted stop-loss for some of

families prepare to travel, relax at lakes, beaches and parties this Memorial Day weekend, it's leadership's responsibility to remind all hands that alcohol impairs judgement and slows reaction time, whether you are driving on the roadways or the waterways.

Midshipmen join Navy officer ranks

WASHINGTON (NNS) — As tears of joy run down many faces and smiles stretch across many more, hundreds of white hats soar upward into the air, marking the conclusion of another U.S. Naval Academy

(USNA) graduation today, and the beginning of a career as an officer in the Navy.

This has been a typical conclusion for graduation ceremonies at the Academy for more than 150 years, and during this time, more than 60,000 men and women have had the honor of reaching this mile-

stone of becoming some of the finest officers in the military.

Midshipman Third Class Leslie Borenstein has been a spectator at two graduation ceremonies at USNA, and plans to see the view from the other side May 27, 2005, the day she is due to graduate.

Navy-wide news

our field corpsmen to bolster combat readiness and preserve unit integrity in front line Marine Corps units," said Chief of Naval Personnel Vice Adm. Gerry Hoewing. "With combat operations in Iraq now coming to a close, there is simply no longer a need to maintain that stop-loss."

Rescinding stop-loss will release all Sailors held past their separation or retirement date.

Stop-loss was authorized for several specialties in April, but was only implemented for the approximately 2,600 corpsmen with NEC 8404; a total of 63 corpsmen with this NEC were prevented from separating during this stop-loss period. There is no plan to implement stop-loss on any of the other authorized skill sets.

Navy accents holiday safety

WASHINGTON (NNS) Memorial Day holiday weekend, today through May 26, historically, this is one of the most deadly weekends on our nation's highways.

The Navy's goal this Memorial Day weekend is for all hands to return to work May 27 without a single alcohol related incident.

This goal is aligned with the Chief of Naval Operations' (CNO) goal of a 50 percent reduction in alcohol related fatalities in fiscal year 2003 and the Chief of Naval Personnel's (CNP) mandate for a 25 percent reduction in alcohol related incidents.

The National Highway Traffic Safety Administration (NHTSA) reports alcohol-related traffic deaths have increased for the third year in a row. As our Sailors and their

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